

## **2016 Physical Agility Test – Firefighter Entry-Level Eligibility List**

1. The candidate will be required to sign a waiver/release form before being allowed to participate in the agility test.
2. The candidate will wear a 50-pound weight vest, helmet and gloves. The candidate will have the option of wearing knee pads if they choose. *All equipment will be provided by the department. The weight vest that is being used is from weightvest.com. The item numbers are VFIRE50W and VFIRE50S. The shoulder width is the narrow version.*

### **The Test**

The candidate has 10 minutes to complete the course. It is pass or fail. The test is made up of 10 stations. The candidate proceeds from one station to the next with three mandatory 30-second breaks located strategically throughout the course.

The candidate will:

1. Drag 150 feet of 2.5-inch hose with a nozzle a distance of 150 feet.
2. Remove a 16-foot roof ladder from a stand that simulates the side of a fire engine and walk approximately 20 feet to a designated spot on a wall. The bottom of the ladder will then be placed up against the wall where a three-sided box is located. The candidate will then bring the bottom of ladder out to a climbing angle, move the ladder back to wall, lower the ladder in a controlled manner and return to the stand.
3. Crawl 20 feet under an extension ladder with nozzle attached to a 2.5-inch hose line.
4. Pull 165-pound mannequin back the 20 feet while staying under the ladder.
5. First 30-second rest period
6. Pick up 50 feet of 2.5-inch hose in a flat load; place it on your shoulder. The candidate will then walk on the beams of a 16-foot roof ladder, turn around and carry it back without getting off ladder.
7. Carry the same hose up approximately two stories.
8. Second 30-second rest period.
9. Pull a 50-foot section of 2.5-inch hose with a nozzle attached that is hanging down approximately 15 feet over a stair case railing.
10. The candidate will then go back down the two stories and lift a 28-foot extension ladder up, extend the fly all the way out and then lower back down.
11. Last 30-second rest period.
12. The candidate will use a 9-pound sledge hammer to move a 158-pound weight a distance of approximately 1.5 feet to simulate using an axe to cut a hole.
13. Carry four items, one at a time, in any order, up three steps, across a platform, down three steps, around a cone, back up and down the steps to original starting spot and place each item on a high table. Each trip will total 100 feet, for a total of 400 feet for the station.